

## Privacy Policy

**Last updated:** [16.10.25]

### 1. Introduction

Pain Free Fitness Pty Ltd (“we”, “our”, “us”) respects your privacy. This Privacy Policy explains how we collect, use, and protect your personal information when you visit our website or purchase our digital programs and ebooks.

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### 2. Information We Collect

We may collect the following types of information:

- **Personal information** such as your name, email address, and payment details when you purchase a program or ebook.
  - **Usage information** such as pages visited, time spent on the site, and how you interact with our content (via analytics tools like Google Analytics).
  - **Communication data** such as messages or enquiries submitted through our website or email.
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### 3. How We Use Your Information

We use your personal information to:

- Process and deliver your purchases.
- Send you order confirmations, receipts, and program access details.
- Provide customer support.
- Improve our products, content, and website experience.
- Send occasional updates or offers if you have opted in to receive marketing communications.

You can unsubscribe from marketing emails at any time by clicking the “unsubscribe” link in our emails.

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#### 4. How We Store and Protect Your Data

Your data is securely stored using encrypted systems and trusted third-party platforms (such as Wix, PT Distinction, and payment processors like Stripe or PayPal).

We take reasonable steps to prevent unauthorised access, loss, misuse, or disclosure of your information.

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#### 5. Sharing Your Information

We do not sell or rent your personal information.

We may share limited data with trusted third-party providers who help us deliver our services (e.g., hosting, payment processing, or email platforms). These providers are bound by privacy and data protection obligations.

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#### 6. Cookies

Our website uses cookies to enhance your browsing experience and analyse site performance. You can disable cookies through your browser settings, but some parts of the website may not function properly without them.

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#### 7. Access and Correction

You can request access to the personal information we hold about you or ask for it to be corrected by contacting us at [tristan@painfreefitness.com.au](mailto:tristan@painfreefitness.com.au).

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#### 8. Changes to This Policy

We may update this Privacy Policy occasionally. Updates will be reflected on this page with a new “Last Updated” date.

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#### 9. Contact Us

If you have questions or concerns about your privacy, please contact:

 [tristan@painfreefitness.com.au](mailto:tristan@painfreefitness.com.au)

 Pain Free Fitness Pty Ltd, Queensland, Australia